

MONTGOMERY
MT *Breeze*

June 2017
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PUBLISHED BY THE MOUNTAIN BREEZE STAFF

The Pony Express rides again!



Our newest Mountain Breeze carrier Kara Noble delivers to Carrington Road by "pony express." Her mare's an Icelandic horse and her name is Kolbra (Icelandic for "coal-colored horse"). She's 17 years old and Kara has owned her for 6 years. Watch for her at the end of the month. You never know how the Breeze will get to you.

Got a minute?

"Wanted: people to deliver the Mountain Breeze."

If you can spend 10-15 minutes & deliver to 15 or 20 houses a month, please contact the MT Breeze at montgomerymtbreeze@gmail.com or 413-237-2818. Several of our carriers have routes of 50 or more papers! Let's relieve some of their burden! There are routes available on: Main; Old Main; Thomas; Lower Pomeroy; Chamberlain; Lambson; Pine Ridge/Birch Bluff; Southampton Road; Pitcher/Campus View; Russell; Upper Pomeroy; New State; and Jourdan streets.

Please inquire if you're willing even if your street is not listed here as available. This is your paper folks, let's make this a community effort. Thank you.

T. Lak, Editor

“It is the month of June,
The month of leaves
and roses,
When pleasant sights salute
the eyes,
And pleasant scents
the noses.”

Nathaniel Parker Willis

Important numbers

FIRE EMERGENCY 911
AMBULANCE 911
STATE POLICE 911
HIGHWAY DEPARTMENT 862-4037
GATEWAY HIGH SCHOOL 685-1102
GATEWAY MIDDLE SCHOOL 685-1202
GMS ATTENDANCE 685-1201
LITTLEVILLE ELEMENTARY 685-1301
TOWN HALL OFFICE 862-3386
FIRE DEPT 862-4505
FIRE CHIEF - STEVE FRYE 862-3670
TOWN CLERK - JUDY MURPHY 862-4478
POLICE DEPT 862-4545
ADMINISTRATIVE POLICE CHIEF -
PAULA CHAPMAN 862-4949
TAX COLLECTOR - JANE THIELEN 862-3386
ANIMAL CONTROL OFFICER -
PHIL CAMP 862-4976

SELECT BOARD:
DAN JACQUES 862-9001
WAYNE MORSE 862-4023
RANDY AUSTIN 862-4004
Meetings for the Select Board are held at
7:00 p.m. every other Friday.

SCHOOL COMMITTEE:
MADELYN AUSTIN 862-4004
mrrrr@verizon.net

LIBRARY:
LIBRARIAN - PAULA LONG 862-3894
montgomerylibrary@yahoo.com
HOURS: Tuesday 10:00 a.m.-5:30 p.m. •
Thursday 4:00 p.m.-8:00 p.m. • Saturday 9:30
a.m.-12:30 p.m.

BOARD OF ASSESSORS:
Meetings of the Board of Assessors are held
on the 1st & 3rd Wednesday of each month
from 8:00 p.m.-9:30 p.m. Please call 862-3386
for an appointment. Assessors' Clerk
hours 1st & 3rd Wednesdays of each month
from Noon - 4 PM

State Senator Don Humason:
64 Noble St., Westfield, MA 01085
(413) 568-1366
Donald.Humason@masenate.gov

State Representative Peter V. Kocot:
Rep.PeterKocot@hou.state.ma.us
(413) 582-6111

MOUNTAIN BREEZE STAFF

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June Calendar

June 1 6:30 pm – 7:45 pm – Police Chief Office Hours – Town Hall
June 2 7:00 pm – Select board Meeting –Town Hall
June 7 6:30 pm – Yoga – Town Hall
June 13 Recycling day
June 13 10:00 am – COA Coffee Hour – Town Hall
June 14 6:30 pm – Yoga – Town Hall
June 15 6:30 pm – 7:45 pm – Police Chief Office Hours – Town Hall
June 16 7:00 pm – Select board Meeting –Town Hall
June 21 6:30 pm – Yoga – Town Hall
June 27 Recycling day
June 27 10:00 am – COA Coffee Hour – Town Hall
June 28 6:30 pm – Yoga – Town Hall
June 30 7:00 pm – Select board Meeting –Town Hall
No Osteoporosis Exercise this month.

Here's an e-mail address where residents can send
general questions to the Police Chief; police@mont-
gomeryma.gov

Condolences

to Dennis and Karen Wassung on the loss of Dennis's fa-
ther May 14 in Hadley.

MOUNTAIN BREEZE AD POLICY

Montgomery resident ads: \$3.50 for ¼ page, \$7.00 for ½ page, \$10.50 for ¾
page and \$14.00 for a full page.

Non-resident ads: \$5.00 for ¼ page, \$10.00 for ½ page, \$15.00 for ¾
page and \$20.00 for a full page.

Political ads: \$15.00 for ½ page and \$30.00 for a full page. (Political ads
must include the name of the payer.)

Ads: email (preferably pdf file) to **montgomerymtbreeze@gmail.com**, put
in the MB box at the Library, or mail to: **Montgomery Mountain Breeze,**
c/o Grace Hall Memorial Library, 161 Main Road, Montgomery, MA
01085-9525. Include your name and phone number. Payment must be re-
ceived by deadline date (usually on the 16th of the month) or ad will not
be run. No cash, please; make check payable to Montgomery Mountain
Breeze and put in the MB box at the Library, or mail to above address.

June 2017

16 OZ. COFFEE TO GO \$.94
FRESH BREAKFAST SANDWICHES: \$2.82 ALL THE TIME!

A word from Scott; **the proprietor of the Montgomery Grille**

"I would like to thank all the good people of Montgomery for helping us stay the best restaurant in town. The competition is tough. It seems that outsiders have found out about us. So please bear with us if the parking lot is full or there are no more seats in the main dining room and you have to sit in the Valley Room. We want to stay your local eating and meeting place. Always remember and never forget what happens or is said in the Grille stays in the Grille. So please help us stay the best breakfast and lunch place five days a week in Montgomery."

Thank you!

Montgomery Grille **NEW HOURS:**

Wednesday, Thursday, Friday:
5:30 am to 2:30 pm

Saturday and Sunday:
6:00 am to 2:30 pm
Lunch starts 11:00 am

Montgomery

Grille

AT THE MONTGOMERY MARKETPLACE

Scott

and his great coworkers, Jennie, the other Jennie and of course that hair dresser that had to leave Montgomery to go to the big city of Westfield, but can be seen weekends at the Grille.

46 Main Rd, Montgomery, MA
862- (FOOD) 3663

NEW HOURS: 6:00 a.m. to 2:30 p.m.

Closed Mondays & Tuesdays

Not too early to consider water conservation

Thank you to all who donated and purchased plants at the Library Plant Sale.

June is the month to:

- Pay extra attention to watering of transplants until their roots have grown into surrounding soil
- Provide nesting habitat for our native bees; bare ground, dead trees and plants with hollow stems
- Containers planted with succulents and sedums require less watering and fertilizing
- Read the label carefully before using any pesticides. The label is the law

GardenNews
by Chris Brown



- Hanging baskets and containers need regular maintenance, watering and fertilizing for optimum health
- Place a flat stone in the bird bath to provide a landing spot for bees or butterflies

- Harvest stems from cut flowers like zinnia regularly to encourage branching and more flowers
- Lily leaf beetle may be managed by frequently picking off and destroying adults, eggs and larvae
- Wait until the fall to transplant trees or shrubs.

Information taken from UMass Garden Calendar

TURKEY & BROCCOLI SQUARES

5 oz. frozen chopped broccoli – thawed & drained
½ - 1 lb. ground turkey (or ground beef)
¼ cup chopped onion
2 oz. canned mushrooms
1 cup bisquick baking mix
¼ cup cold water

1 cup shredded cheddar cheese, divided
2 Tbsp. grated Parmesan cheese
Dash of pepper
½ tsp. salt
2 eggs
¼ cup milk

Heat oven to 400 degrees. Grease an 8x8-inch pan.

Cook turkey & onion until browned. Drain if needed. Stir in mushrooms & ¾ cup cheese.

In bowl, mix bisquick, water & remaining cheese until dough forms. Press into pan & ½ inch up the sides. Spread meat mixture over dough. Sprinkle with broccoli. Mix remaining ingredients. Pour over broccoli. Bake until a knife inserted near center comes out clean – 20-25 minutes. Don't be concerned about some liquid remaining from the milk.

Serves 3-4

JUNE RECIPE

TOWN OF MONTGOMERY MASSACHUSETTS
ANNUAL REPORT 2016



2016 TOWN REPORT COVER CONTEST WINNER

Congratulations to Lucy Pitoniak of Montgomery a 12 year old that won the contest for the drawing of the front cover for our 2016 town report. She drew pictures of birds and has won a \$50 gift card to Barnes and Noble. If you haven't picked yours up yet they are available on the front table in the town hall.

Get the Breeze days before the start of the month with e-mail delivery!!! No need to head for the mailbox when the same issue will arrive on your digital device. Get the feature articles and Calendar events ahead of the crowd. Sign up with your e-mail address at:

montgomerymtbreeze@gmail.com



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**CONGRATULATIONS TO THE
GRADUATES OF 2017!**

Irene wishes all the 2017 Grads the Best of
Luck in their Future.

Irene is still at her new location in Westfield and thanks
all her clients for being so loyal.

Wishing ALL Students a HAPPY & SAFE Summer!

For more information please call: 413-478-6253
Irene is now at the Grille on Saturday & Sunday for the
summer, see you there.

Irene would like
all her clients to
know that she's
still in business as
HAIR Ltd. and not
affiliated with any
other salon in any
way. The only
difference is that
her location has
changed. Hope-
fully, this will clear
up any confusion
her clients may
have.
Thank you.

MHS announces Class of 2017 scholarship winners; open houses

Your Montgomery Historical Society recently held its annual meeting to share a delicious potluck supper which was followed by a short business meeting during which we selected two students graduating with the Class of 2017 (both from Gateway Regional High School) to receive scholarships from the Historical Society. This was followed by a "show and tell" time where attendees introduced family heirlooms and one unidentified object that had everyone guessing about its identity.

The scholarship winners are Franky Tangredi and Madisen Bang, whose names are being announced during the Gateway's Class Day at the end of May. Congratulations to all Montgomery students graduating this year and moving on into the wider world of education and/or employment – and especially to our two scholarship winners!

YOUR HELP IS NEEDED: On Saturday, June 24, the steering committee of your historical society will be at the Town House (Historical Building) from 9:30 a.m. to 12:30 p.m. doing "spring cleaning" in preparation for upcoming Open Houses... Would any of our fellow townspeople be

Historical Happenings



willing to help??? Some "chores" involved: window washing, dusting, vacuuming (vacuum on premises), light bulbs to change, repairs to a door, a time capsule to dig out, curtain rods to hang, etc. Please consider lending your hands

to this project! Refreshments will be provided to help keep you going! *We very much appreciate your consideration...* (We especially need one or two men to help chip out the time capsule.)

OPEN HOUSES at the Historical Building will be held on Saturdays, August 5 and September 30 from 9:30 a.m. to 12:30 p.m. Everyone is invited to visit during those times to view the many artifacts, copies of old photos and documents we have on display. If you are fortunate enough to have any historically-significant photos or documents from Montgomery's past, we encourage you to bring them with you so they can be scanned for addition to our collection. (You would then be able to keep the original.) Bring along the family so they can get a gander at some of the "oldies but goodies" on display!

The Historical Society display case in the Grace Hall Memorial Library at Montgomery Center currently features a display of Willow Tree Angels and other Willow Tree statuettes. About mid-June, the display will change and we will feature "All Things Scottish" – a varied collection of items celebrating the Scottish heritage of two of our Montgomery families. Hope you'll stop in to utilize the library and take a moment to enjoy the displays, both "old" and "new."

Future exhibits depend on offers of display materials from our townspeople and "neighbors," and we welcome your participation. Please call Laurie at 862-8095 if you are willing to loan your items or collections (either historical or "modern") for exhibit in the Library's display case. Thank you!

JUNE BIRTHDAYS:

Joseph Avenia
Pam Coe
Preston Coffey
Glenn Ellis
Alivia Galipeau
Alex Goralczyk
Cindy Harris

Ellen Healy
Joanne Hebert
Benjamin Hyjek
Rebecca Hyjek
Bridget Long
Peter Madru
Colin Monkiewicz
June Rathay
Paul Senatore

Bette Sobotka
Tara Spencer
Paula Stipek-Long
Anthony Thibault
Phoenix Whitaker
Richard Willig
David Wolcott

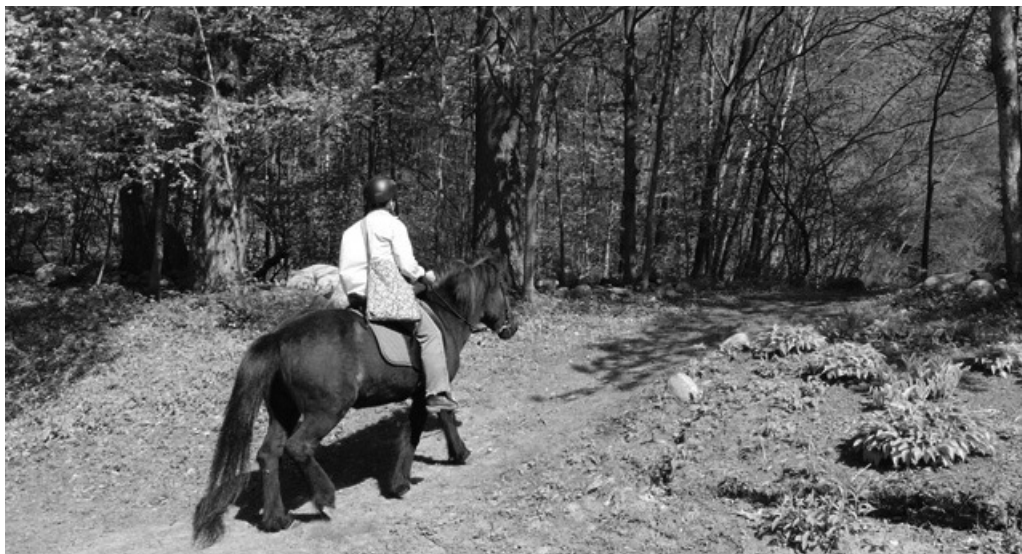
JUNE ANNIVERSARIES

Pauline & Joseph
Croteau
Louise & Wayne Fowles
Bertine & George
Galipeau
Krystyna & Christian
Galipeau

Patty & Jerry Spencer
Kathleen & Jason
Stomski

Happy Belated Birthdays!!!!

Glenn Stanisewski
Garrett Spencer



Kara Noble and her mare Kolbra head home after another successful delivery of the MT Breeze.

You don't need a horse to help deliver the Breeze, just a few minutes of your time each month.

Please contact the MT Breeze at montgomerymtbreeze@gmail.com or 413-237-2818 to see how you can help.



Library News

facebook.com/
gracehallmemorial

June 2017

Always read something that will make you look good if you die in the middle of it. ~P.J. O'Rourke

*Thank
you*

To All that Help with the Book & Plant Sale. A special thank you to Laurie Fleschig, Julie Pike and Krystal Fleschig with their tireless support of the book sale. Thank you to Henry Lafluer for the new bookcases and Chris Brown with her expertise in plants. Without these volunteers none of it would be possible. Our annual book sale support programs in the library.



Children who read four or more books over the summer fare better on reading comprehension tests in the fall than their peers who read one or no books over the summer.*

The Massachusetts Board of Library Commissioners is challenging all residents of Massachusetts to read four books this summer – and to share their experience with others. Join the conversation and tell us, #WhatsYourFour?

1. Post the titles and authors of your four books to Facebook, or Instagram along with a picture of yourself reading.
 2. Include the text "Kids who read just four books over the summer fare better on reading-comprehension tests in the fall. Learn more at readsinma.org", and use the hashtag #WhatsYourFour.
 3. Tag a friend on the post and ask them to share their four!
- Together, we can share in the fun of reading, and encourage children and teens to read this summer.

**Trustees Meeting
June 8 at 6:30 PM**

Museum Passes

Old Sturbridge Village

Springfield Quad

Norman Rockwell

Mystic Aquarium

Deerfield Historical Mu-

USS Constitution

DCR State Park Pass

MassMoCa

Hours

Tues: 10– 5:30

Thurs: 4-8

Sat: 9:30-12:30

Contact

Mail

161 Main Road, Montgomery, MA
01085

Phone

413-862-3894

email

Montgomerylibrary
@yahoo.com

Website

montgomeryma.gov

wghl.masscat.org

facebook.com/
gracehallmemorial

**What's the most
perplexing mys-
tery you have
read? Tell us on
our Facebook page**

MONTGOMERY LIBRARY

SUMMER READING

2017



- July 11 at 11 am Animal Kiss Tents with Sandra Mann
- July 15 at 6:30 pm Star Lab portable planetarium (two shows)
- July 20 at 6 pm Mary Jo Maichack with make & Take Fairy House craft and Lore
- July 22 at 1 pm WingMasters Birds of Prey *
- July 27 at 6:30 pm Balloon Twisting with Ed the Wizard



Please sign up for all events at the library before one week prior to event.

* No need to preregister for this event

Weekly coloring page & STEM projects packets

Summer Reading Program Prizes too! Drawing on July 29

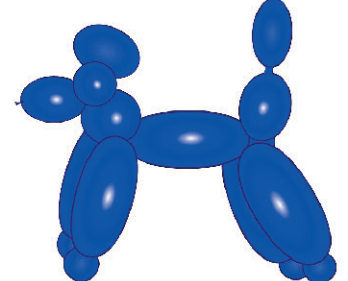
FREE book & raffle tix at every event you attend!

montgomerylibrary@yahoo.com

413-862-3894

<http://www.montgomeryma.gov/library/>

[facebook.com/gracehallmemorial/](https://www.facebook.com/gracehallmemorial/)



COUNCIL ON AGING

Serving the Citizens of Montgomery

June 2017

Calendar

Tue – Jun 13 Coffee Hour – 10 a.m.

Tue – Jun 27 Coffee Hour – 10 a.m.

Osteoporosis Exercise Class

Suspended Till Fall

Check September Breeze for startup date .

Birthdays

Anthony Thibault	June Rathay
Richard Buikus	David Wolcott
Joanne Hebert	Richard Willig

The United Nations has designated June 15 as World Elder Abuse Awareness Day.



June is Alzheimer's & Brain Awareness Month

June 21st is The Longest Day

The Longest Day is all about love. Love for all those affected by Alzheimer's disease. On the summer solstice, team up with the Alzheimer's Association and select any activity you love – or an activity loved by those affected – to help end Alzheimer's.

Extreme Heat Message and Precautions

Summer is almost here. While we prepare to enjoy the warm weather, it's important to take precautions in case extreme heat strikes. By evaluating your needs, you can plan for any heat related situation.

The following steps will prepare you to handle periods of extreme heat and the associated risks:

- Consider how potential power outages during periods of extreme heat might affect you. Plan to be temporarily self-sufficient if the electricity goes out. It's possible that you will not have access to a medical facility or a pharmacy.
- Identify the resources you use on a daily basis and what you can do if they are limited or not available. Make provisions for medications that require refrigeration, and plan arrangements to get to a cooling center, if needed.
- Think about what you need to maintain your health, safety, and independence. Build a kit that includes any specialized items such as extra wheelchair batteries, oxygen, catheters, and medication. Also include non-perishable food and water, items for service animals and pets, a cooler, and anything else you might need.
- Check on family, friends, and neighbors who do not have air conditioning, especially those who spend much of their time alone, or are more likely to be affected by extreme heat.
- Be watchful for signs of heat stroke and dehydration. These include shallow breathing, a lack of perspiration, dizziness, dry mouth, and headaches.



The United Nations has designated June 15 as World Elder Abuse Awareness Day

What is Elder Abuse?

In general, elder abuse refers to intentional or neglectful acts by a caregiver or “trusted” individual that leads to, or may lead to, harm of a vulnerable elder. Physical abuse; neglect; emotional or psychological abuse; verbal abuse and threats; financial abuse and exploitation; sexual abuse; and abandonment are considered forms of elder abuse. In many states, self-neglect is also considered mistreatment.

Who is at Risk?

Elder abuse can occur anywhere – in the home, in nursing homes, or other institutions. It affects seniors across all socio-economic groups, cultures, and races. Based on available information, women and “older” elders are more likely to be victimized. Dementia is a significant risk factor. Mental health and substance abuse issues – of both abusers and victims – are risk factors. Isolation can also contribute to risk.

Types of Elder Abuse

- **Physical abuse:** Use of force to threaten or physically injure an elder
- **Emotional abuse:** Verbal attacks, threats, rejection, isolation, or belittling acts that cause or could cause mental anguish, pain, or distress to a senior
- **Sexual abuse:** Sexual contact that is forced, tricked, threatened, or otherwise coerced upon a elder, including anyone who is unable to grant consent
- **Exploitation:** Theft, fraud, misuse or neglect of authority, and use of undue influence as a lever to gain control over an older person’s money or property
- **Neglect:** A caregiver’s failure or refusal to provide for a vulnerable elder’s safety, physical, or emotional needs.
- **Abandonment:** Desertion of a frail or vulnerable elder by anyone with a duty of care
- **Self-neglect:** An inability to understand the consequences of one’s own actions or inaction, which leads to, harm or endangerment.

Remember: You do not need to prove that abuse is occurring; it is up to the professionals to investigate the suspicions.

This newsletter is partially funded by a grant of the Executive Office of Elder Affairs
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Jeanne Aras 862-4497, Jean Bush 862-3645, Geraldine Larrabee 862-3884
Email: COA-Montgomeryma@hotmail.com